

Middle School Sprints-Starts and Relays
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Starts

1-2-3 Method

- Align the blocks ONE foot from the start line
- The strong leg pedal will be TWO feet from the start line
- The quick leg pedal will be THREE feet from the start line
- Make slight adjustments depending on athletes height and comfortably

How to determine which leg is the strong or quick leg?

Starting progression: Standing, 3-pt, 4-pt, and Blocks

What to coach:
Force Production
Angles
Push

Can you see the difference?

Athlete #1

Athlete #2

Relays

What do the marks mean?

4x100

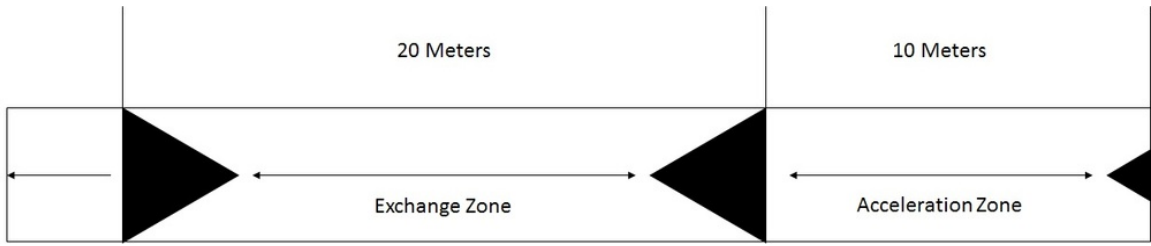
- Keep the baton in the middle of the lane R L R L
- Outgoing runner starts with back foot on the acceleration mark
- Can use Verbal or non verbal cues to get the handoff
- Must practice at full speed in spikes. Limited reps
- Where should my athletes go?

4x200

- Outgoing runner starts halfway between acceleration mark and beginning of exchange zone.
- Can use Verbal or non verbal cues
- Not a 4x100 exchange
- Outgoing runner is long and under control

4x400

- Outgoing runner... high Hand
- Face the inside of the track
- GET OUT Don't be caught standing
- Where should my athletes go?



Notes: